

B. Amendments to the Claims

Claims 1-7 (canceled)

Claim 8 (withdrawn): A sliding exercise apparatus and recreational device comprising the combination of a support surface and stick-on sheeting material, said stick-on sheeting material having an adhesive layer and a low-friction durable layer, said adhesive layer being applied to a piece of wearing apparel of a user and said low-friction durable layer constructed to contact said support surface during use, said support surface having applied thereto, low friction durable sheeting for contacting said stick-on sheeting material.

Claim 9 (withdrawn): The sliding exercise device of claim 8 wherein both said low-friction durable sheeting and stick-on sheeting material are members selected from the group consisting of nylon, Texlon, sailcloth, Dacron and polyester resins.

Claim 10 (withdrawn): The sliding exercise apparatus of claim 8 wherein said stick-on sheeting material is applied to a user's torso.

Claim 11 (withdrawn): The sliding exercise apparatus of claim 8 wherein said stick-on sheeting material is applied to a user's shoes.

Claim 12 (withdrawn): The sliding exercise apparatus of claim 8 wherein said stick-on sheeting material is applied to a user's knee pads.

Claim 13 (withdrawn): A method of engaging in recreational exercise comprising, providing a sports board of sufficient size and rigidity to support a user, said sports board having a top for contacting the user and a bottom for sliding along a support surface, applying stick-on

sheeting material to the bottom of said sports board by adhering an adhesive layer of said stick-on sheeting material to said bottom of said sports board, said stick-on sheeting material further being characterized as having a low-friction durable layer thereon for engaging in sliding contact with said support surface, and sliding said sports board along said support surface while said user remains in contact with said top surface of said sports board.

14. (withdrawn): A method of engaging in recreational exercise comprising applying stick-on sheeting material having an adhesive layer and a low-friction durable layer to a piece of wearing apparel of a user, each low-friction durable layer constructed to contact a support surface during use, the support surface having applied thereto, low-friction durable sheeting for contacting said stick-on sheeting material and causing the user to slide along said support surface by contacting said stick-on sheeting material to said low-friction durable sheeting.

15. (withdrawn) A support for receiving in sliding engagement a user seeking a low friction, durable surface, said support comprising a handrail having been at least partially wrapped in stick-on sheeting material having an adhesive layer and low friction durable layer.

16. (withdrawn): A support for receiving in sliding engagement a user seeking a low friction, durable surface, said support comprising a gym mat having been at least partially covered with stick-on sheeting material having an adhesive layer and low friction durable layer.

17. (withdrawn): A support for receiving, in sliding engagement, a user seeking a low friction, durable surface, said support comprising a slide at least partially covered with stick-on sheeting material having an adhesive layer and low friction durable layer.

18. (withdrawn): The support of claim 17 wherein said slide is of the type configured for use as a waterslide.

19. (withdrawn): A support for receiving in sliding engagement a user seeking a low friction, durable surface, said support comprising a trampoline having been at least partially covered with stick-on sheeting material and having an adhesive layer and low friction durable layer.

20. (new): An exercise and recreational apparatus comprising:

(a) at least one piece of stick-on sheeting having an adhesive first outer layer and a second outer layer consisting essentially of a low-friction, durable material; and

(b) area sheeting having a top surface consisting essentially of a low-friction, durable material, and an adhesive bottom surface, said area sheeting having surface dimensions relatively large compared to the surface dimensions of each said piece, each said second outer layer adapted for engaging in sliding contact with said top surface.

21. (new): The apparatus of claim 20 wherein the low-friction, durable material of each said second outer layer, and the low-friction, durable material of said top surface are selected from the group consisting of NYLON™, DACRON™, sailcloth, and polyester resins.

22. (new): The apparatus of claim 21 wherein the first outer layer of each said sheeting piece is permanently adhered to a common substrate, and the bottom surface of said area sheeting is permanently adhered and conforms to an underlying support structure.

23. (new): The apparatus of claim 21 wherein the first outer layer of each said sheeting piece is removably adhered to a common substrate, and the bottom surface of said area sheeting is removably adhered and conforms to an underlying support structure.

24. (new): The apparatus of claim 21 wherein the first outer layer of each said sheeting piece is removably adhered to a common substrate, and the bottom surface of said area sheeting is permanently adhered and conforms to an underlying support structure.

25. (new): The apparatus of claim 21 wherein the first outer layer of each said sheeting piece is permanently adhered to a common substrate, and the bottom surface of said area sheeting is removably adhered and conforms to an underlying support structure.

26. (new): The apparatus of claims 22 or 23 or 24 or 25 wherein said common substrate is the underside of a sport board, and said support structure is a generally planar, inclined ramp.

27. (new): The apparatus of claim 26 wherein the sport board is selected from the group consisting of snow boards, surfboards, skis, skate boards, body boards, sail boards, wake boards, water skis, and sleds.

28. (new): The apparatus of claims 22 or 23 or 24 or 25 wherein said common substrate is the underside of a sport board, and said support structure is a concavely arcuate, inclined ramp.

29. (new): The apparatus of claim 28 wherein the sport board is selected from the group consisting of snow boards, surfboards, skis, skate boards, body boards, sail boards, wake boards, water skis, and sleds.

30. (new): The apparatus of claims 22 or 23 or 24 or 25 wherein said common substrate is the underside of a sport board, and said support structure is an undulating ramp having at least one convexly arcuate segment and at least one concavely arcuate segment.

31. (new): The apparatus of claim 30 wherein the sport board is selected from the group consisting of snow boards, surfboards, skis, skate boards, body boards, sail boards, wake boards, water skis, and sleds.

32. (new): The apparatus of claims 22 or 23 or 24 or 25 wherein said common substrate is the underside of a sport board, and said support structure is a handrail.

33. (new): The apparatus of claims 22 or 23 or 24 or 25 wherein said common substrate is the underside of a sport board, and said support structure is a central portion of a trampoline.

34. (new): The apparatus of claims 22 or 23 or 24 or 25 wherein said common substrate is a piece of wearing apparel, and said support structure is an inclined ramp.

35. (new): The apparatus of claims 22 or 23 or 24 or 25 wherein said common substrate is a piece of wearing apparel, and said support structure is an undulating ramp having at least one convexly arcuate segment and at least one concavely arcuate segment.

36. (new): The apparatus of claim 21 wherein the first outer layer of each said sheeting piece is permanently adhered to a separate substrate, and the bottom surface of said area sheeting is permanently adhered and conforms to an underlying support structure.

37. (new): The apparatus of claim 21 wherein the first outer layer of each said sheeting piece is removably adhered to a separate substrate, and the bottom surface of said area sheeting is removably adhered and conforms to an underlying support structure.

38. (new): The apparatus of claim 21 wherein the first outer layer of each said sheeting piece is removably adhered to a separate substrate, and the bottom surface of said area sheeting is permanently adhered and conforms to an underlying support structure.

39. (new): The apparatus of claim 21 wherein the first outer layer of each said sheeting piece is permanently adhered to a separate substrate, and the bottom surface of said area sheeting is removably adhered and conforms to an underlying support structure.

40. (new): The apparatus of claims 36 or 37 or 38 or 39 wherein each said separate substrate is a shoe sole, and said support structure is an undulating ramp having at least one convexly arcuate segment and at least one concavely arcuate segment.

41. (new): The apparatus of claims 36 or 37 or 38 or 39 wherein each said separate substrate is a shoe sole, and said support structure comprises a generally horizontal platform portion, a generally planar ramp portion, and a plurality of contiguous gym mat portions.

42. (new): The apparatus of claims 36 or 37 or 38 or 39 wherein each said separate substrate is a knee pad, and said support structure is an undulating ramp having at least one convexly arcuate segment and at least one concavely arcuate segment.

43. (new): The apparatus of claims 36 or 37 or 38 or 39 wherein each said separate substrate is a knee pad, and said support structure comprises a generally horizontal platform portion, a generally planar ramp portion, and a plurality of contiguous gym mat portions.

44. (new): The apparatus of claims 36 or 37 or 38 or 39 wherein each said separate substrate is the underside of a runner attached to a bicycle frame, and said support structure is an undulating ramp having at least one convexly arcuate segment and at least one concavely arcuate segment.

45. (new): The apparatus of claims 22 or 23 or 24 or 25 or 36 or 37 or 38 or 39 wherein said support structure comprises at least one inflatable portion having a top surface, and said area sheeting comprises at least one portion adhered to said top surface.

46. (new): The apparatus of claim 45 wherein the interface between each said sheeting piece and said area sheeting is dry.

47. (new): The apparatus of claim 45 wherein the interface between each said sheeting piece and said area sheeting is wet.

48. (new): A method for sliding exercise and recreation comprising the steps of:

(a) adhering, to a substrate, at least one piece of stick-on sheeting having an outer layer consisting essentially of a low-friction, durable material;

(b) adhering and conforming to a support structure, area sheeting having a top surface consisting essentially of a low-friction, durable material and having dimensions relatively large compared to the dimensions of each said piece; and

(c) adapting at least one said piece for engaging its outer layer in sliding contact with said

top surface.

49. (new): The method of claim 48 wherein the low-friction, durable material of each said outer layer, and the low-friction, durable material of said top surface are selected from the group consisting of NYLON™, DACRON™, sailcloth, and polyester resins.

C. Amendments to the Drawings

Figures 2A, 2B, 3, 4, 5 and 7 are amended to add inadvertently omitted numerals and leadlines and/or to correct numerals.

In Figure 2A the position of numeral "20" and its leadline are moved to signify that these refer to the board. An arrow-head is added to the "20" and "23" leadlines signifying an important element (viz., respectively, the board and a piece of stick-on sheeting). Numerals and leadlines "24" and "26" are added, referring respectively to the adhesive layer and low-friction layer of sheeting piece 23.

In Figure 2B the position of numeral "20" and its leadline are moved, and the numerals and leadlines "24" and "26" added.

In Figure 3 the position of numeral "30" and its leadline are moved and an arrow-head added.

In Figure 4 the numeral "41" and leadline identify a vertical support member, and the numeral "46" and leadline identifies the underside of board 44.

In Figure 5 the incorrect right-hand numeral "50" and leadline are deleted, and the numeral "51" and leadline added to signify the plurality of contiguous gym mats.

In Figure 7 the numeral "73" and leadline are added to identify the frame, incorrect numeral "73" is changed to "78" and identifies the legs, and numeral "79" and leadline are added to identify the underside of board 76.